

feelings appears to have exerted upon the history of southern races.

A mountainous environment is almost everywhere associated with shortness and sturdiness of growth and with an abnormally large development of the muscles of the calf. This is of course the result of hill climbing : but it has become a hereditary trait of hill people. Some localities are distinguished by the muscular strength of their inhabitants : the fellahin of Egypt are amazingly strong for an Oriental people. We are tempted to assume some connection between vigour and diet. Flesh-eating peoples are generally supposed to be more forceful than vegetarians and in India those who subsist upon wheat and millet are certainly hardier than the rice-eating peoples of the eastern deltas. But the qualities that are associated with a particular diet may in reality be caused by the circumstances of soil and climate which determine the character of the food supply. In India flesh-eating Mohammedans are scattered amongst a population of vegetarian Hindus : speaking generally they are not more vigorous than the Hindus although they undoubtedly enjoy a higher birth-rate. And Iran affords a very strong argument for vegetarian enthusiasts. The diet of its people is rice but no one can deny their physical and mental forcefulness.

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Turning now more particularly to

peculiarities  
of character. we observe that a  
climate of moist  
heat is almost invariably—and very  
naturally—  
reflected in the physical inertness of  
the people  
that are subjected to it. There is a  
marked con-  
trast in India between the bodily  
inactivity of the  
Bengalis and the vigour of the  
Panjabis or Mara-  
thas who inhabit a region of lighter  
rainfall;